



### FOR MORE INFORMATION

Contact your healthcare provider to see if a blood lead test is right for you. If you already have children, ask your child's healthcare provider about a blood lead test for your child.

Additional resources are available at the SC Department of Health and Environmental Control, Childhood Lead Poisoning Prevention Program, [www.scdhec.gov/lead](http://www.scdhec.gov/lead), 1-866-466-5323 (1-866-4NO-LEAD).



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## ARE YOU PREGNANT?



Protect your baby  
from lead poisoning.

### TAKE ACTION TO PROTECT YOUR BABY FROM **LEAD POISONING**



✓ Get a Blood Test



✓ Eat Healthy Food



✓ Wet Clean



✓ Wash Hands



✓ Hire a Professional



✓ Leave Shoes at Door



✓ Use Safe  
Drinking Water

Have your water  
tested for lead.

Do not drink, cook, or  
make baby formula  
with your tap water  
if it contains lead.

Reduce levels of  
lead in your water by  
flushing pipes after  
six hours of nonuse  
and always use cold  
water for drinking,  
cooking, and making  
formulas and juices.





## LEAD FACTS

*There is no safe level of lead in the body.*

- ▶ Lead is a metal that can pass from a mother to her unborn baby.
- ▶ Even a little lead can affect your baby's growth. It can also hurt your baby's brain and kidneys.
- ▶ Lead can cause your baby to be born too early and too small.
- ▶ Lead poisoning is caused by breathing or swallowing lead dust.
- ▶ Ask your medical provider if you or your baby are at risk for lead poisoning.
- ▶ You should have a blood test to find out if you have lead in your body that could affect your pregnancy.



## QUESTIONS?

Call 1-866-466-5323 to talk with the South Carolina Childhood Lead Poisoning Prevention Program.

# PROTECT YOUR BABY BY AVOIDING THESE SOURCES OF LEAD

## ⊘ Lead paint outside older homes



## ⊘ Lead paint inside older homes



## ⊘ Unsafe home repair



## ⊘ Workers exposed to lead



## ⊘ Lead-glazed pottery



## ⊘ Fishing and hunting supplies

## ⊘ Imported candy



## ⊘ Vinyl or plastic mini-blinds



## ⊘ Lead pipes and drinking water



## RISKS FOR PREGNANT WOMEN

You may be at higher risk of having lead in your blood if you:

- ▶ Have a job or live with someone who works in battery recycling, construction, painting, or manufacturing.
- ▶ Use imported spices that may contain lead.



- ▶ Use items for worship that may contain lead such as:
  - eye make-up such as kohl, kajal, al-Kahal, surma, tiro, tozali, and kwalli
  - kumkum
  - sindoor
- ▶ Have the eating disorder called pica (eating non-food items that may contain lead such as paint chips, clay, soil, or pottery)
- ▶ Use herbal drinks and teas and some home remedies such as:
  - Azarcon
  - Ba-Baw-San
  - Daw Tway
  - Daw Kyin
  - Ghasard
  - Greta
  - Paylooahmay
- ▶ Have recently come to the U.S. from a country with a lot of lead pollution such as Mexico, Ecuador, Bangladesh, Pakistan, or India.